



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City of Las Vegas January 2009 Senior Special Events

All activities are subject to change. Call to verify times and dates. List is not all-inclusive. All facilities offer exercise, fitness, craft, arts, dance, music and computer classes; cards, games, discussion and social groups. Call centers near you for complete list of classes and activities. Most activities require \$2 annual membership to City of Las Vegas Senior Citizen Programs. Centers are closed Jan. 19.

Free Grandparent Support Group (ages 50+)

Second and fourth Wednesdays, 1 p.m. Register in advance.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Free Senior Law Project Informational Seminars (ages 60+)

Mondays, 9 a.m. to noon. Advance registration required.

Downtown Senior Services Center, 310 S. 9th St., (702) 229-6596.

An elder law attorney will discuss wills, health care, financial issues and other concerns affecting seniors.

Free Blood Pressure Checks (ages 50+)

Wednesdays, 9 to 10 a.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Mondays, 8:30 to 9:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Yoga (ages 50+)

Friday, 11 a.m.

Fee: \$3

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Free Utility Tax Rebate Program Assistance (ages 60+)

Call for more information. Some senior citizens who live within city limits may apply for utility tax rebates, if they qualify. You will need your 2008 utility bills, proof of your income and identification.

Monday through Thursday, January 5 through March 19, 9 a.m. to 3 p.m.

Downtown Senior Services Center, 310 S. 9th St., (702) 229-6690. Se habla español.

Mondays, January 5 through March 16, 9 to 11:30 a.m. and 12:30 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Monday through Wednesday, January 5-March 19, 9 a.m. to 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Thursdays, January 8 through March 12, 9 a.m. to noon

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Thursdays, January 8 through March 19, 9 a.m. to noon and 1 to 3 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Wednesdays, January 14 through March 11, noon to 4 p.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

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Free Doolittle Cinema & Popcorn (ages 50+)

Monday, January 5, 1 p.m. Call for movie title.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

iTunes Workshop (age 50+)

Monday, January 5, 1 to 3 p.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Turn your CDs into digital files using iTunes.

Clark County Senior Advocate Office Hours (ages 50+)

Tuesdays, January 6, 13 and 20, 10 to 11:30 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

The senior advocate will be available to provide information on advance directives, living wills, long-term care insurance, medical assistance, Medicare, utility discounts, power of attorney, social service programs, fraud and safety awareness and transportation issues. No charge for assistance.

Solitaires Women's Social Club (ages 50+)

Tuesday, January 6, 10:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Fun group for widows and single women meets monthly for social events, support and good times.

Free Health Is Wealth Workshop (ages 50+)

Tuesday, January 6, 12:30 p.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Learn which foods to eat to help prevent or eliminate most diseases. Instructor has 48 years of experience as a pharmacist and teaches local college classes.

Lieburn Breakfast Nook (ages 50+)

Wednesday, January 7, 8:30 a.m. Register in advance.

Fee: \$2 per person

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy freshly cooked breakfast specialties, freshly ground coffee, juice and great company.

Bellagio Conservatory Holiday Décor Day Trip (ages 50+)

Wednesday, January 7, 9 a.m. to 2:30 p.m. Register in advance.

Fee: \$2 transportation fee plus cost of lunch.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Bring your camera and enjoy the holiday decorations.

Clark County Senior Advocate Office Hours (ages 50+)

Wednesday, January 7, 10:30 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

The senior advocate will be available to provide information on advance directives, living wills, long-term care insurance, medical assistance, Medicare, utility discounts, power of attorney, social service programs, fraud and safety awareness and transportation issues. No charge for assistance.

Bunco Bonanza (age 50+)

Wednesday, January 7, 11 a.m.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy a light brunch and a fun afternoon playing Bunco. Prizes awarded.

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Free Name That Tune Game (ages 50+)

Thursday, January 8, 10 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Test your knowledge and have fun enjoying music from the '50s to present.

Free Park Ambassadors Meeting (ages 50+)

Thursday, January 8, 10 a.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Being a park ambassador gives you an opportunity to be of service to your community by helping keep parks safe for everyone. Call for information.

Popcorn Blast (ages 50+)

Thursday, January 8, noon. Register in advance.

Fee: \$1

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Free Makeover Madness Workshop (ages 50+)

Thursday, January 8, 1 p.m. Register in advance.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Lava Butte/Lake Mead Hike (ages 50+)

Friday, January 9, 8 a.m. Register in advance.

Fee: \$2 transportation fee. Bring lunch, drinking water and camera.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy a moderate-level, two-mile hike to the summit. Wear appropriate shoes and clothes.

Breakfast & A Movie (ages 50+)

Friday, January 9, 9 a.m. Register in advance.

Fee: \$2 transportation fee plus cost of movie and breakfast

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Free Blood Pressure and Heart Rate Checks (ages 50+)

Friday, January 9, 10 a.m. to noon

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Free Spa O.N.E. Pedicures (ages 50+)

Friday, January 9, 10 a.m. to 1 p.m. Please register at least one week in advance.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Appointments for pedicures for seniors that have special needs, such as diabetes.

Soup's On Luncheon (age 50+)

Friday, January 9, noon. Advance registration required.

Fee: \$2

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy savory, homemade beef stew, bread, dessert and a beverage.

Free Monthly Billiards Tournament (ages 50+)

Friday, January 9, 2 to 4 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Play practice games during the week, then join us monthly for a pool tournament shoot-out.

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Free Amputee Coalition of Nevada Meeting (ages 50+)

Friday, January 10, 1 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Speakers discuss new information and technology for amputees, diabetics and other interested people.

AARP's Driver Safety Program (ages 55+)

Fee: \$10; Pre-registration required. Call toll-free 1-888-227-7669 to register. Classes may be canceled for lack of enrollment. Nevada law allows for a discount on auto insurance premiums when course is completed. Register at least one week in advance.

Monday, January 12, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Monday and Tuesday, January 12-13, 4 to 8 p.m. Must attend both sessions.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Wednesday and Thursday, January 14-15, noon to 4 p.m. Must attend both sessions.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Tuesday and Wednesday, January 20-21, 9:30 a.m. to 1:30 p.m. Must attend both sessions.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Tuesday and Wednesday, January 27-28, 3 to 7 p.m. Must attend both sessions.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Free Medicare Counseling (ages 50+)

Monday, January 12, at noon

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Volunteer Medicare counselors will answer your questions. Call to make an appointment.

Free Digital Camera Club Meeting (ages 50+)

Monday, January 12, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Discuss tips and tricks, learn about new technology, share photos and go on photographic field trips.

Kabuki Cranium on the Wii Patio Party (ages 50+)

Monday, January 12, 2:30 to 4 p.m. Register in advance.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

No Sew Fleece Blanket Workshop (ages 50+)

Tuesday, January 13, 10 a.m. Register at least one week in advance.

Fee: \$1

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Bring scissors and two yards each of solid and patterned fleece.

Breakfast and a Movie (ages 50+)

Tuesday, January 13, 10 a.m. to 3 p.m. Register in advance.

Fee: \$2 transportation fee plus cost of movie and breakfast

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Bowling and Dinner Out at Santa Fe Hotel (ages 50+)

Tuesday, January 13, 1 to 6 p.m.

Fee: \$2 transportation fee plus \$8 for bowling and cost of dinner

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

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World Cuisine Cooking Club (ages 50+)

Tuesday, January 13, 1 to 3 p.m. Advance registration required.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Learn to cook. Call for topic. Sampling mandatory!

Free Health Is Wealth Workshop (ages 50+)

Tuesday, January 13, 2:30 p.m.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Learn which foods to eat to help prevent or eliminate most diseases. Instructor has 48 years of experience as a pharmacist and teaches local college classes.

Free Blood Pressure Check (ages 50+)

Wednesday, January 14, 9 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Free Seniors Helping Seniors Presentation with Southwest Gas (ages 50+)

Wednesday, January 14, 10 a.m. to noon

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Receive information on installing smoke detectors and dead-bolt locks, weatherizing your home, and other services.

Hoagie Wednesday (ages 50+)

Wednesday, January 14, 11 a.m. to noon. Please register at least one week in advance.

Fee: \$3 per meal

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

National Hot Pastrami Sandwich Day Luncheon (age 50+)

Wednesday, January 14, 11:30 a.m. Advance registration required.

Fee: \$5

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Celebrate with warm open-face pastrami on rye, crisp coleslaw, mugs of cocoa and spice cake.

Bunco (ages 50+)

Wednesday, January 14, 1 to 3 p.m. Advance registration required. No experience or skill needed.

Fee: \$1

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Shuffleboard Tournament (ages 50+)

Wednesday, January 14, 1 to 3 p.m. Register in advance.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy light Mint Juleps, light refreshments and show off your shuffleboard skills.

Slow Cooking Workshop (age 50+)

Wednesday, January 14, 2 to 4 p.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Monthly Breakfast (age 50+)

Thursday, January 15, 9 to 10 a.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

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Free Birthday Celebration Honoring Dr. Martin Luther King, Jr. (ages 50+)

Thursday, January 15, 11 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Wii Bowling Tournament (ages 50+)

Thursday, January 15, 1 to 3:30 p.m. Advance registration required.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy a double-elimination tournament with prizes.

Cultural Cuisine Workshop (ages 50+)

Thursday, January 15, 1 p.m. Register in advance.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Breakfast Buffet & Movie Day Trip (ages 50+)

Friday, January 16, 9 a.m. to 2 p.m. Advance registration required.

Fee: \$2 transportation fee, plus cost of buffet breakfast and movie.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Monthly Texas Hold 'Em Poker Tournament (ages 50+)

Friday, January 16, 10 a.m. to 1 p.m.

Fee: \$2

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Pit your skills against others in this monthly tournament.

Free Seniors CAN Workshops (ages 50+)

Tuesdays, January 20-April 28, 10:30 a.m.. Register in advance.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Speakers from UNR's Cooperative Extension Service teach on nutrition and health topics.

Favorite/Funny T-Shirt Dance (ages 50+)

Tuesday, January 20, 5 to 8 p.m.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy this specialty-themed and decorated Big Band dance with light refreshments.

Texas Hold'Em Tournament (age 50+)

Wednesday, January 21, 9 a.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

No cash buy-in. Prizes will be awarded for first, second and third place.

Monthly Breakfast (ages 50+)

Wednesday, January 21, 9 a.m. Advance registration required.

Fee: \$3

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy cheddar quiche with red potatoes and new friends. Tighten & Tone and Fitness Over 50 class participants immediately prior to breakfast will receive a discount.

Centennial Hills Monthly Breakfast (ages 50+)

Wednesday, January 21, 9:30 a.m. Register in advance.

Fee: \$3

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy vegetable quiche, yogurt and granola.

Scrumptious Soup Sampling Luncheon (ages 50+)

Wednesday, January 21, 11:30 a.m. to 1 p.m. Register in advance.

Fee: \$4

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Celebrate National Soup Month by enjoying a lunch devoted to this delectable winter warmer!

Jewelry-Making Workshop (ages 50+)

Wednesday, January 21, noon to 1:30 p.m.

Fee: \$1 plus supplies

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Free Self-Defense Workshop (age 50+)

Wednesday, January 21, 1 p.m. Advance registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Cultural Potluck (ages 50+)

Thursday, January 22, 12:30 p.m.

Fee: Bring a dish to share that represents your cultural heritage. Register in advance.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

The Tea Experience (ages 50+)

Thursday, January 22, 2 to 5 p.m. Register in advance.

Fee: \$2 transportation fee plus personal use.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Tour the Coffee Bean and Tea Leaf Shop and sample a variety of teas.

Digital Camera Field Trip (ages 50+)

Friday, January 23, 9 a.m. to 3 p.m. Advance registration required.

Fee: \$2 transportation fee.

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy photography in Mt. Charleston's snow. Bring camera and lunch.

Free Spa O.N.E. Pedicures (ages 50+)

Friday, January 23, 10 a.m. to 1 p.m. Please register at least one week in advance.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Appointments for pedicures for seniors that have special needs, such as diabetes.

Soup's On Luncheon (age 50+)

Friday, January 23, noon. Advance registration required.

Fee: \$2

Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Enjoy homemade butternut squash soup, bread, dessert and a beverage.

Puzzlemania (age 50+)

Friday, January 23, 1 p.m. Advance registration required.

Fee: \$2

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Bring your friends and your thinking caps for an afternoon of brain-teasing fun.

Pie Potluck (ages 50+)

Friday, January 23, 2 p.m. Register in advance.

Fee: Bring in your favorite pie to share.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

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VITA Free Income Tax Form Preparation (ages 50+)

January 26 through April 10. Call Linda at 229-1125 to schedule an appointment.
Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Picasa Workshop (ages 50+)

Monday, January 26, 10 a.m. to noon. Advance registration required.
Fee: \$5
Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.
Learn to enhance your digital photos with Picasa software.

Budgeting for the Silver Years Workshop (age 50+)

Wednesday, January 26, noon. Advance registration required.
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.
Learn how to budget better from a Nevada Federal Credit Union representative. Lunch is provided.

Free Seniors CAN Workshops (ages 50+)

Mondays, beginning January 26, 12:30 p.m.
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.
Speakers from UNR's Cooperative Extension Service teach on nutrition and health topics.

Free "When & How to Call 9-1-1" Lecture (ages 50+)

Monday, January 26, 1 to 3 p.m.
Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.
Free refreshments, free education and priceless empowerment.

Chinese New Year Celebration – Year of the Ox (ages 50+)

Monday, January 26, 1 p.m. Register in advance.
Fee: \$6
Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.
Enjoy sweet-and-sour chicken, rice, egg rolls and fortune cookies.

Foot Care Clinic (ages 50+)

Tuesday, January 27, 8:30 a.m. by appointment only
Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.
Free foot care for seniors age 60 and older, \$25 for those less than 60 years. Appointment required.

Shelby American Factory Tour & Lunch (ages 50+)

Tuesday, January 27, 10 a.m. to 2 p.m. Register in advance.
Fee: \$2 transportation fee plus cost of lunch
Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.
Tour the company's 100,000-square-foot manufacturing facility, then visit Aliante Station for lunch.

Free Introduction to Genealogy Workshop (age 50+)

Tuesday, January 27, 11 a.m. Advance registration required.
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.
Learn to research generations of your family history.

\$1,000,000 Game Show Las Vegas (ages 50+)

Wednesday, January 28, 10:30 a.m. Register in advance.
Fee: \$2 transportation fee plus \$20 entry fee
East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.
Enjoy this show at Planet Hollywood, where contestants dream of hitting it big and changing lives.

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Super Bowl Spectacular (ages 50+)

Thursday, January 29, 10 a.m. Register in advance.

Fee: \$4

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy games, trivia, food and door prizes.

Free Monthly Birthday Celebration (ages 50+)

Thursday, January 29, 11:30 a.m.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Enjoy cake as we honor seniors who have birthdays during the month.

Free Pickin' and Grinnin' Workshop (age 50+)

Friday, January 30, 10 a.m. Advance registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave., (702) 229-1515.

Dust off your guitars and join this group for a free jam session.

That's Amore Social (ages 50+)

Friday, January 30, 1 p.m. Advance registration required.

Fee: \$3

Howard Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy live entertainment, socializing, food and more.

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